

## Coming Up at the Darien Senior Center, July 19 to 28

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Date : July 15, 2017



How to avoid diabetes, a Dixieland Jazz show, lawyers available for consultation, a monthly discussion on literature and ideas and a swing band are all senior events in upcoming days in Darien.

These Darien events for seniors take place at the Darien Senior Activities Center in the Mather Community Center, 2 Renshaw Road. You can call them at 203-656-7490.

### **WALGREENS PHARMACY: DIABETES**

**Wednesday July, 19 — 12:30 p.m.**

Did you know that as you get older, you have a greater chance of getting Type 2 diabetes? You have a greater chance of getting diabetes if you are age 45 or older, are overweight or obese, or have a family history of diabetes, according to the National Institute of Diabetes. Brian from Walgreens Pharmacy will be here to discuss some simple lifestyle changes that will help you prevent or manage Diabetes.

### **SEDGWICH SISTERS: SOUTHERN BLUES**

**Tuesday July, 25 — 12:30 p.m.**

Feel the beat and tap your feet with Jonelle Sedgwick and Jeff Daniel and their “New Orleans” Dixieland Jazz show with lively songs and scat improvisation of Louie Armstrong vintage (i.e. When the Saints Go

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Marching In, Basin Street Blues, You Tell Me Your Dream, Blue Skies, etc.) Lunch \$5.00 served at noon and program will begin at 12:30.

#### **READ AND TELL: GOOD LIT, GOOD LIFE**

**Wednesday July, 26 — 12:30 p.m.**

Join James McGinn, LPN, NCC of the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as springboard into sharing from our own stories and concerns. As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths.

We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, share inspiration and have fun!

#### **ASK A LAWYER**

**Friday July, 28 — 11:00 a.m.**

Nedder and Associates LLC will be available for 15 minute private appointments at the Senior Center. Attorney Michael Nedder can answer questions regarding power of attorney, living wills, trusts, guardianships, disability planning, IRA custodianships, and wills just to name a few. Please sign up as appointments fill quickly.

#### **THE ALUMNI SWING BAND**

**Friday July, 28 — 12:30 p.m.**

Back by popular demand, the Alumni Swing Band will be here! The group consists of musicians of all kinds – music educators, military musicians, and professional musicians. The Alumni Swing Band's love of performing, and of music from the swing era have made each performance a labor of love.

The Alumni truly enjoy entertaining the audience and their songs are sure to bring back warm memories! The band's repertoire includes classic big band swing and jazz as well as more contemporary selections. Lunch for \$5 is served at 12 noon and the program will begin at 12:30 p.m.